

I claim:

1. A simulated stringed musical instrument practice device comprising:
an elongated neck member defining proximal and distal ends, said neck member having a generally flat shaped upper surface which extends longitudinally from said proximal end to said distal end thereby defining lateral edges thereof which are generally perpendicular to said proximal and said distal ends, said elongated neck member also having a lower surface which extends substantially from said proximal end to said distal end, said lower surface having lateral edges which are attached to the lateral edges of said upper surface, wherein said lower surface is generally arcuate in shape in order to simulate the shape of a conventional stringed instrument;
a plurality of longitudinally spaced, transversely extending ridges which are integrally attached to said flat upper surface, said transversely extending ridges are spaced progressively longer distances apart from said proximal end to said distal end, whereby said transversely extending ridges simulates the frets of a conventional stringed instrument; and,
a plurality of longitudinal ridges which extend from said proximal end to said distal end over said flat upper surface, said longitudinal ridges are integrally attached to said flat upper surface, whereby said longitudinal ridges simulates the strings of said conventional stringed instrument.
2. The simulated stringed musical instrument device of claim 1, wherein the lower surface of said elongated neck member is semi-circular in shape.
3. The simulated stringed musical instrument device of claim 1, wherein said elongated neck member tapers longitudinally from said proximal end to said distal end.
4. The simulated stringed musical instrument device of claim 1, wherein said elongated neck member, said transversely extending ridges, and said longitudinal ridges are integrally formed from one piece of material.
5. The simulated stringed musical instrument device of claim 4, wherein said material is plastic.

6. The simulated stringed musical instrument device of claim 1, wherein said plurality of longitudinal ridges is a quantity of 3, 4, 5, 6, or 12 longitudinal ridges.
7. The simulated stringed musical instrument device of claim 1, further comprising footing means which are attached to said flat upper surface for providing a non-slip support surface for the flat upper surface, thereby enabling the use of said simulated stringed musical instrument device as a conventional computer keyboard wrist rest.
8. The simulated stringed musical instrument device of claim 7, wherein said elongated neck member further comprises:
 - a fret board layer which extends substantially from said proximal end to said distal end, said fret board layer having an upper surface defining said generally flat upper surface and a lower surface which is substantially parallel to said flat upper surface; and,
 - a wrist support layer which extends substantially from said proximal end to said distal end, said wrist support layer having an upper surface which is attached to the lower surface of said fret board layer, said wrist support layer is sufficiently soft so that it deforms to the shape of a user's wrist when used as a wrist rest of a computer keyboard.
9. The simulated stringed instrument device of claim 1, wherein the lateral extent of said generally flat shaped upper surface is convex in shape.
10. A method for practicing fingering techniques common to the playing of a string musical instrument, said steps comprising:
 - providing a device comprising an elongated neck member defining proximal and distal ends, said neck member having a generally flat shaped upper surface which extends longitudinally from said proximal end to said distal end thereby defining lateral edges thereof which are generally perpendicular to said proximal and said distal ends, said elongated neck member also having a lower surface which extends substantially from said proximal end to said distal end, said lower surface having lateral edges which are attached to the lateral edges of said upper surface, wherein said lower surface is generally arcuate in shape in order to simulate the shape of a conventional stringed instrument, a plurality of longitudinally spaced, transversely extending ridges which are integrally attached to said flat upper surface, said transversely extending ridges are

spaced progressively longer distances apart from said proximal end to said distal end, whereby said transversely extending ridges simulates the frets of a conventional stringed instrument, and a plurality of longitudinal ridges which extend from said proximal end to said distal end over said flat upper surface, said longitudinal ridges are integrally attached to said flat upper surface, whereby said longitudinal ridges simulates the strings of said conventional stringed instrument;

grasping said device by the rhythm hand of a user near said proximal end;

positioning the fingering hand at various locations along said generally flat upper surface, thereby simulating the play of a conventional stringed musical instrument.

11. The method of claim 10, wherein said elongated neck member tapers longitudinally from said proximal end to said distal end.
12. The method of claim 10, wherein said elongated neck member, said transversely extending ridges, and said longitudinal ridges are integrally formed from one piece of material.
13. The method of claim 12, wherein said material is plastic.
14. A method for supporting the wrists of a user while using a computer keyboard, said steps comprising:

providing a device which comprises an elongated neck member defining proximal and distal ends, said neck member having a generally flat shaped upper surface which extends longitudinally from said proximal end to said distal end, a plurality of longitudinally spaced, transversely extending ridges which are integrally attached to said flat upper surface, said transversely extending ridges are spaced progressively longer distances apart from said proximal end to said distal end, whereby said transversely extending ridges simulates the frets of a conventional stringed instrument, a plurality of longitudinal ridges which extend from said proximal end to said distal end over said flat upper surface, said longitudinal ridges are integrally attached to said flat upper surface, whereby said longitudinal ridges simulates the strings of said conventional stringed instrument, and footing means which are attached to said flat upper surface for providing a non-slip support surface for the flat upper surface; placing said device on a flat surface in front of a conventional computer keyboard; and,

resting the wrists of said user on said device while using said computer keyboard.

15. The method of claim 14, wherein said elongated neck member further comprises:
a fret board layer which extends substantially from said proximal end to said distal end, said fret board layer having an upper surface defining said flat upper surface and a lower surface which is substantially parallel to said flat upper surface; and,
a wrist support layer which extends substantially from said proximal end to said distal end, said wrist support layer having an upper surface which is attached to the lower surface of said fret board layer, said wrist support layer is sufficiently soft so that it deforms to the shape of a user's wrist when used as a wrist rest of a computer keyboard.
16. The method of claim 14, wherein said elongated neck member tapers longitudinally from said proximal end to said distal end.
17. The method of claim 14, wherein said elongated neck member, said transversely extending ridges, and said longitudinal ridges are integrally formed from one piece of material.
18. The method of claim 17, wherein said material is plastic.